THE WOMEN'S FOUNDATION Newsletter
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Grantee Profile

To Help Black Women Stay Healthy

What began as one woman's crusade to locate statistics about health issues among Black women has blossomed into a national organization — and this organization has a vital and growing Bay Area chapter to address the very real and special health needs of Black women.

In 1981, Byllye Avery, executive director of the national organization, and a corps of Black women held a conference in Atlanta at Spelman College, drawing participants from around the country. Because of personal tragedy, Byllye had began a one-woman search for statistics about health issues among Blacks. She found virtually none. Spurred by her anger and the injustice, Byllye initiated a crusade to learn and understand why Blacks were dying more often than others, why Blacks were dying at a younger age than others, why they had such a high incidence of mental illness, diabetes, and other diseases. She eventually compiled enough evidence to realize it was an issue of critical importance to Black women.

> *"To put it bluntly, they had learned that many Black women were dying unnecessarily..."*

The interest shown at the national conference blossomed into the National Black Women's Health Project (BWHP), and organizers made a commitment to start chapters around the country. The founders knew they had to do something to help their sisters realize their inherent health concerns. To put it bluntly, they had learned that many Black women were dying unnecessarily, or were human time bombs, and didn't know it. Today, there are more than 45 Black women's self-help groups nationally, including the two-year-old Bay Area chapter.

But the local and the national organization have a problem. That is, many people don't realize that there are serious health problems among Black women. Many women who are Black don't know it. How could information this critical, this important not be widely known, and why aren't major federal funds available to help Black women?

That's exactly why The Women's Foundation granted the Bay Area Black Women's Health Project (BABWHP) much-needed funds. BABWHP's commitment is as complex as its title is simple: to help Black women become and stay as healthy as possible. This credo encompasses physical, mental, and social well-being.

BABWHP is comprised of women who are concerned with the lack of information about — and inferior health services for — Black women. Co-director Tandy Iles says, "The BABWHP offers us a place where we can gather, share our personal thoughts, educate ourselves, and find peer support. Before this, we've not been able to congregate as a group and feel comfortable.

"As people who need and receive services, we're gaining a critical awareness: to become better health care consumers, to be women who are not intimidated by the titles held by health care professionals. Moreover, we are increasing our awareness of the effects of public health policies on our lives."

However, the BABWHP faces the fact daily that it cannot determine how many women need their help. Explains Co-director Sholey McGaffie, "No one is even sure how many Black women live in this area. The census figures are far from accurate — they're already five years old. But we know, of course, that thousands and thousands of Black women are living in the Bay Area." *continues on next page*

Sholey McGaffie

Black women, especially those of lower income, are plagued with health problems directly linked to their sex and race, and in most cases to poverty. Studies reveal that these women show a significantly higher propensity toward hypertension, obesity, and teen pregnancy, and they suffer a higher rate of infant mortality. In fact, Oakland is saddled with the ugly distinction of ranking as the second-highest community for infant mortality in our nation. According to Alameda County Health Care Services, in 1983 16.9 Black babies died per 1,000 live births as compared to a national average of 10.2.

In keeping with the spirit of sisterhood, four coordinators at the local chapter share the title of co-director. They are Tandy, Sholey, Felicia Cleveland, and Zakiya Somburu. Their office is at 477 - 15th Street in Oakland, they are easily accessible by phone at 834-7897. Should a caller have specific health questions that BABWHP is not able to answer, she or he will be referred to a qualified source.

Perhaps the biggest problem facing BABWHP is the need to inform Black women that they may be quite sick without knowing it and therefore destined for an untimely death. "Many of us may be dying, may be very sick, or may be suffering extreme stress, and don't even know it!" warns Tandy.

"Our goal is to disseminate information, to increase the awareness of health issues that affect Black women so they will be prepared to deal with specific ailments." Most importantly, BABWHP can let them know that other Black women share the same concerns and will help them find the necessary resources.

Sholey continues, "The concern is not that we're women or that we're Black, it's that we're Black and women, with a particular set of special health needs. We're the only group in the area totally dedicated to helping Black women with their health, nutrition, and dietary needs. We welcome all Black women; health concerns know no age or economic boundaries.

"BABWHP conducts self-help discussions as often as we can get a group together. These workshops are held in one of our members' homes. They're informal groups of about a dozen women, and we discuss health issues typically facing Black women, such as hypertension and diabetes. After each workshop, the women have a much better understanding of their bodies and making and keeping themselves healthy."

more than medical information. Society often has certain negative attitudes toward Black females. Tandy expands, "Many Black women, as other women, tend to be large. That's a fact. But for Black women, there is the additional pressure of low self-esteem caused by society's other negative images of Black women. What we teach is that Black women who are large are entitled to be comfortable with themselves. They need not accept society's imposition on us about how it thinks we should look.

"We don't advocate going on a diet to lose weight to become what society claims is more attractive. We believe in cooking and eating for healthy nutrition and building self-esteem and confidence so we're comfortable with ourselves and our bodies."

These workshops have been so well received that BABWHP has begun to compile a mailing list. Soon, Sholey predicts, they will publish a newsletter.

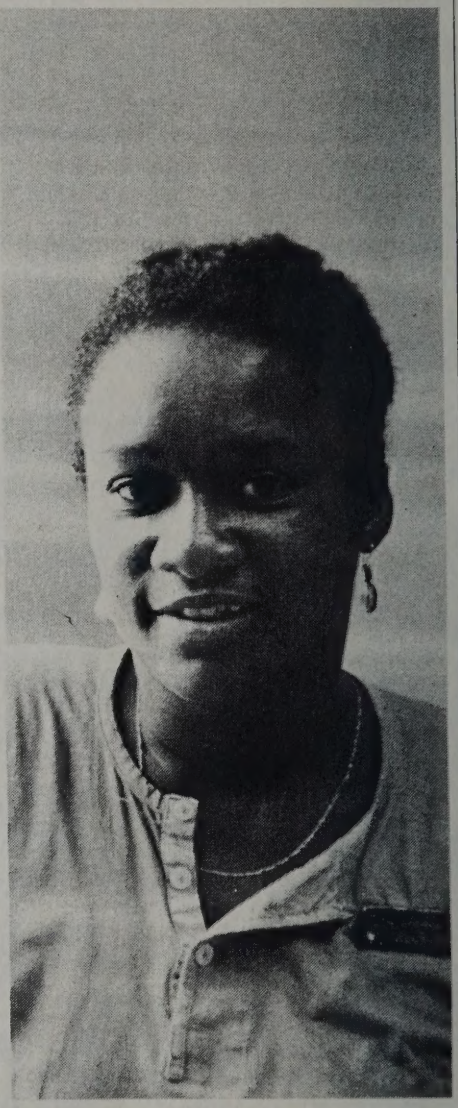
> *"...Oakland is saddled with the ugly distinction of ranking as the second-highest community for infant mortality in our nation."*

In addition to these self-help workshops, the group also sponsors a community forum three times a year entitled "Black and Female: What's the Reality?" This discussion was first held at the national conference in Atlanta. At that time, the workshop drew 30 attendees. At the end of that first presentation, the roomful of women was so inspired that they requested it be held again for other women whom they felt would benefit from it. They promised to spread the word. Within 24 hours, 300 women gathered, and the workshop was repeated. Now, it is held across the country throughout the year by the various chapters, always exploring the risks and realities of being Black and female.

Fundraising events are also part of the BABWHP. Recently, Nikki Finney, a popular Black poet, held three poetry readings in conjunction with her bookstore appearances and donated part of the proceeds to the BABWHP.

"We attract a lot of new members through events like this," reports Sholey. "And we're depending on word-of-mouth to expand our membership. However, [illegible] plementing a membership drive. We're almost at the point where we have formalized our 1986 program of workshops, forums, and community events. We have tentatively scheduled discussions on 'Black Women and Aging;' 'Black Women in Their Child-bearing Years;' and 'Black Teenagers Today.'"

The BABWHP knows that it is often hard to distinguish a health problem from a social or mental problem. If a woman



Tandy Iles

suffers from stress, it can affect her health. If she is barely able to pay her rent, her food budget may suffer. If she is ill and cannot work, her childcare services may be cut.

The interrelationship of health and social needs for Black women is complex. "Yes, we face problems similar to other women, but some of the problems are different and special to Black women," says Sholey. "We as Black women are determined to start taking better care of [illegible]"

Barbara Oleskiw

"Behold the circle of the nation's hoop, for it is holy, being endless, and thus all powers shall be one power in the people without end."
"...for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy."

....Black Elk's vision from Black Elk Speaks by John G. Neihardt

THE MEDICINE WHEEL

The medicine wheel is a symbol, a metaphor, and a guide for right livelihood upon the Earth, within the Universe, within our life as a people, and within our lives as individuals.
Many people from Plains and Plateau tribes use the medicine wheel teachings as a tool for bringing balance and harmony into their lives. It serves as a "mirror" for looking at one's own path in this life or in many lives.
For all things are contained within the medicine wheel, and within the wheel all things are equal. Within the medicine wheel all things have spirit. All things have life.
The medicine wheel shows the four cardinal directions, and assigned to each direction are specific colors, elements, medicine animals and, qualities. The colors, elements, and animals vary from tribe to tribe; the qualities are remarkably similar across many tribes.

The South Direction is the place of innocence and trust, nurturing and growth; the place for finding what is in one's heart, for seeing up close.
The West Direction is the place for introspection, for looking inside, holding up the mirror, for self-awareness and honest self-evaluation.
The North Direction is the place of wisdom and courage, calling upon the strength within.
The East Direction is the place of illumination and enlightenment; the place for far-sightedness and vision, and connecting to Spirit.

Each person has a beginning place on the medicine wheel, a Direction to wich he or she is oriented and an animal with which he or she identifies.
The challenge to each of us is to become more "gifted" than we were when we were born....to travel to each Direction and incorporate the lessons of each Direction into our lives, so that decisions that we make in our lives maintain and restore balance and harmony to every circle within which we move.
Only when we tap the deep well of each of the Four Directions can we be whole human beings.

SPIRIT SONG

Spirit of Light, illumine our lives. Grant us the gift of far-seeing.

Spirit of Fire, open our hearts that we may have warmth and compassion.

Spirit of water, let us dive deep and discover the truths that are hidden.

Spirit of Earth, help us to live centered and strong in wisdom.

by ?

28.

Seek First to Understand

This is adopted from one of Stephen Covey's "Seven Habits of Highly Effective People." Using this strategy is a shortcut to becoming a more content person (and you'll probably become more effective too).

Essentially, "seek first to understand" implies that you become more interested in understanding others and less in having other people understand you. It means mastering the idea that if you want quality, fulfilling communication that is nourishing to you and others, understanding others must come first. When you understand where people are coming from, what they are trying to say, what's important to them, and so forth, *being* understood flows naturally; it falls into place with virtually no effort. When you reverse this process, however (which is what most of us do most of the time), you are putting the cart before the horse. When you try to *be* understood *before* you understand, the effort you exert will be felt by you and the person or people you are trying to reach. Communication will

break down, and you may end up with a battle of two egos.

I was working with a couple who had spent the first ten years of their marriage frustrated, arguing about their finances. He couldn't understand why she wanted to save every penny they earned, and she couldn't understand why he was a spendthrift. Any rationale on either position had been lost in their joint frustration. While many problems are more complex than this couple's, their solutions were relatively simple. Neither person felt understood. They needed to learn to stop interrupting each other and to listen carefully. Rather than defending their own positions, each needed to seek first to understand. This is precisely what I got them to do. He learned that she was saving to avoid her parents' financial disasters. Essentially, she was frightened of being broke. She learned that he felt embarrassed that he wasn't able to "take care of her" as well as his father did his mother. Essentially, he wanted her to be proud of him. As each learned to understand the other, their frustration with each other was replaced by compassion. Today, they have a nice balance between spending and saving.

Seeking first to understand isn't about who's right or wrong; it is a philosophy of effective communication. When you practice this method you'll notice that the people you communicate with will feel listened to, heard, and understood. This will translate into better, more loving relationships.

CAN YOU FIND THE WOMAN OF YOUR DREAMS IN CYBERSPACE

What is the Internet??

While an internet is a network, the term "internet" is usually used to refer to a collection of networks interconnected with routers. The Internet (with a capital "I") is the largest internet in the world. Is a three level hierarchy composed of backbone networks, mid-level networks, and stub networks. The Internet is a multiprotocol internet.

History of the Internet

The Internet has a long history, going back to research with the ARPAnet and introduction of the first early backbone to connect the NSF sponsored supercomputer centers in the mid 1980s. The core of the national Internet we are all familiar with had its start with the awarding of a 5-year cooperative agreement in 1987 to Merit, the Michigan state networking organization, and its partners MCI and IBM. This was to provide a national backbone network service with several access points around the country. Merit provided the expertise in managing a network service, including routing, IBM provided the core backbone routing equipment and MCI facilities were used for the trunk lines.

This system was originally research and education based and mostly higher education institutions and research corporations were the users. A system of regional and state networks (like MRNet) grew up around this core and provided access to the user organizations in their areas. Most all of these regional networks were nonprofit public-service based organizations that had grown out of major research universities.

The popularity of the system grew at a steady pace, primarily with financial help from the National Science Foundation, championed by the director of the NSF Division of Network Communications and Research Infrastructure (DNCRI) Steve Wolff. DNCRI provided funding to higher education and regional networks to help with connectivity. The system evolved into an orderly structure of a high-speed backbone (the NSFNET backbone service), mid-level networks and campus and corporate networks where the end-users were attached. Routing and management was centered at Merit and policies and procedures evolved for the smooth operation and growth of the system.

As the popularity of such a system increased, some people saw it would be worthwhile to provide access to this system as a business opportunity. Entrepreneurs, with experience gained from regional network operation or similar networking services provision, established new businesses to get in on a new opportunity. The first generation of these were Performance Systems International (PSI) which was spawned out of NYSERNet in New York, and Alternet, a service of UUNet Technologies in Virginia, which had considerable experience in UUCP network services among others.

Electronic Mail (E-Mail)

Electronic mail, or e-mail, is your personal connection to the world of the Net.

All of the millions of people around the world who use the Net have their own e-mail addresses. A growing number of "gateways" tie more and more people to the Net every day. When you logged onto the host system you are now using, it automatically generated an address for you, as well.

The basic concepts behind e-mail parallel those of regular mail. You send mail to people at their particular addresses. In turn, they write to you at your e-mail address. You can subscribe to the electronic equivalent of magazines and newspapers. You might even get electronic junk mail.

E-mail has two distinct advantages over regular mail. The most obvious is speed. Instead of several days, your message can reach the other side of the world in hours, minutes or even seconds (depending on where

you drop off your mail and the state of the connections between there and your recipient). The other advantage is that once you master the basics, you'll be able to use e-mail to access databases and file libraries. You'll see how to do this later, along with learning how to transfer program and data files through e-mail.

E-mail also has advantages over the telephone. You send your message when it's convenient for you. Your recipients respond at their convenience. No more telephone tag. And while a phone call across the country or around the world can quickly result in huge phone bills, e-mail lets you exchange vast amounts of mail for only a few pennies -- even if the other person is in New Zealand.

E-mail is your connection to help -- your Net lifeline. The Net can sometimes seem a frustrating place! No matter how hard you try, no matter where you look, you just might not be able to find the answer to whatever is causing you problems. But when you know how to use e-mail, help is often just a few keystrokes away: you can ask your system administrator or a friend for help in an e-mail message.

USENET

Imagine a conversation carried out over a period of hours and days, as if people were leaving messages and responses on a bulletin board. Or imagine the electronic equivalent of a radio talk show where everybody can put their two cents in and no one is ever on hold.

Unlike e-mail, which is usually "one-to-one," Usenet is "many-to-many." Usenet is the international meeting place, where people gather to meet their friends, discuss the day's events, keep up with computer trends or talk about whatever's on their mind. Jumping into a Usenet discussion can be a liberating experience. Nobody knows what you look or sound like, how old you are, what your background is. You're judged solely on your words, your ability to make a point.

To many people, Usenet IS the Net. In fact, it is often confused with Internet. But it is a totally separate system. All Internet sites CAN carry Usenet, but so do many non-Internet sites, from sophisticated UNIX machines to old XT clones and Apple IIs.

Technically, Usenet messages are shipped around the world, from host system to host system, using one of several specific Net protocols. Your host system stores all of its Usenet messages in one place, which everybody with an account on the system can access. That way, no matter how many people actually read a given message, each host system has to store only one copy of it. Many host systems "talk" with several others regularly in case one or another of their links goes down for some reason. When two host systems connect, they basically compare notes on which Usenet messages they already have. Any that one is missing the other then transmits, and vice-versa. Because they are computers, they don't mind running through thousands, even millions, of these comparisons every day.

Yes, millions. For Usenet is huge. Every day, Usenet users pump upwards of 40 million characters a day into the system -- roughly the equivalent of volumes A-G of the Encyclopedia Britannica. Obviously, nobody could possibly keep up with this immense flow of messages. Let's look at how to find conferences and discussions of interest to you.

The basic building block of Usenet is the newsgroup, which is a collection of messages with a related theme (on other networks, these would be called conferences, forums, boards or special-interest groups). There are now more than 5,000 of these newsgroups, in several different languages, covering everything from art to zoology, from science fiction to South Africa.

Some public-access systems, typically the ones that work through menus, try to make it easier by dividing Usenet into several broad categories. Choose one of those and you're given a list of newsgroups in that category. Then select the newsgroup you're interested in and start reading.

Other systems let you compile your own "reading list" so that you only see messages in conferences you want. In both cases, conferences are arranged in a particular hierarchy devised in the early 1980s. Newsgroup names start with one of a series of broad topic names. For example, newsgroups beginning with "comp." are about particular computer-related topics. These broad topics are followed by a series of more focused topics (so that comp.unix groups are limited to discussion about UNIX).

MAILING LISTS

Usenet is not the only forum on the Net. Scores of "mailing lists" represent another way to interact with other Net users. Unlike Usenet messages, which are stored in one central location on your host system's computer, mailing-list messages are delivered right to your e-mail box, unlike Usenet messages.

You have to ask for permission to join a mailing list. Unlike Usenet, where your message is distributed to the world, on a mailing list, you send your messages to a central moderator, who either re-mails it to the other people on the list or uses it to compile a periodic "digest" mailed to subscribers.

IRC

IRC is a program that lets you hold live keyboard conversations with people around the world. It's a lot like an international CB radio - it even uses "channels." Type something on your computer and it's instantly echoed around the world to whoever happens to be on the same channel with you. You can join in existing public group chats or set up your own. You can even create a private channel for yourself and as few as one or two other people. And just like on a CB radio, you can give yourself a unique "handle" or nickname.

IRC currently links host systems in 20 different countries, from Australia to Hong Kong to Israel.

World Wide Web

Developed by researchers at CERN, the European Particle Physics Laboratory in Geneva, the World-Wide Web is somewhat similar to a WAIS. But it's designed on a system known as hypertext. Words in one document are "linked" to other documents. It's sort of like sitting with an encyclopedia -- you're reading an article, see a reference that intrigues you and so flip the pages to look up that reference.

FACIAL EXPRESSIONS (The Role of the "Smiley)

As most communication on the Internet takes place via computers, certain expressions/terms can be misconstrued. Therefore, a system of computer (character) expressions where developed to help facilitate better discussions with less misunderstanding. Below, are a few of these characters.

:-) Your basic smiley. This smiley is used to inflect a sarcastic or joking statement since we can't hear voice inflection over e-mail.

;-) Winky smiley. User just made a flirtatious and/or sarcastic remark. More of a "don't hit me for what I just said" smiley.

:-(Frowning smiley. User did not like that last statement or is upset or depressed about something.

:-I Indifferent smiley. Better than a :-(but not quite as good as a :-).

:-> User just made a really biting sarcastic remark. Worse than a ;-).

>:-> User just made a really devilish remark.

>;-> Winky and devil combined. A very lewd remark was just made.

Subject: FW: And you think you've got it bad...
Date: Fri, 9 May 1997 13:48:39 -0500
From: valerie baston <law005@alpha2.tsulaw.edu>
To: "'amaechi'" <amaech10@wharton.upenn.edu>, "'tina'" <mcart@alpha2.tsulaw.edu>, "'angela'" <watsona@somvax.wvnet.edu>, "'eric'" <Eric.Solomon@mailgate.eiw38.af.mil>, "'greg'" <auzenne@uthscsa.edu>

From: Josetta Jones[SMTP:law098@alpha2.tsulaw.edu]
Sent: Friday, May 09, 1997 11:19 AM
To: 'Brent Hawkins'; 'Charlotte Dimery'; 'Dr. Josette Parker'; 'Kristi Jett'; 'Lisa M
Subject: FW: And you think you've got it bad...

From: Nichole A. Robinson[SMTP:nrobinson@bsmwl.com]
Sent: Friday, May 09, 1997 8:03 AM
To: ramona.vaughn@alliedsignal.com; ctmista@aol.com; llwory847@aol.com; colemanc@bull
Subject: And you think you've got it bad...

* A fierce gust of wind blew 45-year-old Vittorio Luise's car into a
>> *river near Naples, Italy, in 1983. He managed to break a window,*
>> *climb out and swim to shore -- where a tree blew over and killed him.*
>>
>> ** Mike Stewart, 31, of Dallas was filming a movie in 1983 on the*
>> *dangers of low-level bridges when the truck he was standing on*
>> *passed under a low-level bridge -- killing him.*
>>
>> ** Walter Hallas, a 26-year-old store clerk in Leeds, England, was so*
>> *afraid of dentists that in 1979 he asked a fellow worker to try to*
>> *cure his toothache by punching him in the jaw. The punch caused*
>> *Hallas to fall down, hitting his head, and he died of a fractured*
>> *skull.*
>>
>> ** George Schwartz, owner of a factory in Providence, R.I., narrowly*
>> *escaped death when a 1983 blast flattened his factory except for*
one
>> *wall. After treatment for minor injuries, he returned to the scene*
>> *to search for files. The remaining wall then collapsed on him,*
>> *killing him.*
>>
>> ** Depressed since he could not find a job, 42-year-old Romolo*
>> *Ribolla sat in his kitchen near Pisa, Italy, with a gun in his hand*
>> *threatening to kill himself in 1981. His wife pleaded for him not*
>> *to do it, and after about an hour he burst into tears and threw the*
>> *gun to the floor. It went off and killed his wife.*
>>
>> ** In 1983, a Mrs. Carson of Lake Kushaqua, N.Y., was laid out in*
>> *her coffin, presumed dead of heart disease. As mourners watched,*
>> *she suddenly sat up. Her daughter dropped dead of fright.*
>>
>> ** A man hit by a car in New York in 1977 got up uninjured, but lay*
>> *back down in front of the car when a bystander told him to pretend*
>> *he was hurt so he could collect insurance money. The car rolled*
>> *forward and crushed him to death.*
>>
>>
>> *Bad day, no death*
>>
>> ** Surprised while burgling a house in Antwerp, Belgium, a thief fled*

>> out the back door, clambered over a nine-foot wall, dropped down
and
>> found himself in the city prison.
>>
>> * In 1976 a twenty-two-year-old Irishman, Bob Finnegan, was
crossing
>> the busy Falls Road in Belfast, when he was struck by a taxi and
>> flung over its roof. The taxi drove away and, as Finnegan lay
>> stunned in the road, another car ran into him, rolling him into the
>> gutter. It too drove on. As a knot of gawkers gathered to examine
>> the magnetic Irishman, a delivery van plowed through the crowd,
>> leaving in its wake three injured bystanders and an even more
>> battered Bob Finnegan. When a fourth vehicle came along, the crowd
>> wisely scattered and only one person was hit-Bob Finnegan. In the
>> space of two minutes Finnegan suffered a fractured skull, broken
>> pelvis, broken leg, and other assorted injuries. Hospital officials
>> said he would recover.
>>
>> * While motorcycling through the Hungarian countryside, Cristo Falatti
>> came up to a railway line just as the crossing gates were coming
>> down. While he sat idling, he was joined by a farmer with a goat,
>> which the farmer tethered to the crossing gate. A few moments later
>> a horse and cart drew up behind Falatti, followed in short order by
>> a man in a sports car. When the train roared through the crossing,
>> the horse startled and bit Falatti on the arm. Not a man to be
>> trifled with, Falatti responded by punching the horse in the head.
>> In consequence the horse's owner jumped down from his cart and
began
>> scuffling with the motorcyclist. The horse, which was not up to
>> this sort of excitement, backed away briskly, smashing the cart into
>> the sports- car. At this, the sports-car driver leaped out of his
>> car and joined the fray. The farmer came forward to try to pacify
>> the three flailing men. As he did so, the crossing gates rose and
>> his goat was strangled. At last report, the insurance companies
>> were still trying to sort out the claims.
>>
>> * Two West German motorists had an all-too-literal head-on collision
>> in heavy fog near the small town of Guetersloh. Each was guiding
>> his car at a snail's pace near the center of the road. At the
>> moment of impact their heads were both out of the windows when
they
>> smacked together. Both men were hospitalized with severe head
>> injuries. Their cars weren't scratched.
>>
>> * In a classic case of one thing leading to another, seven men aged
>> eighteen to twenty-nine received jail sentences of three to four
>> years in Kingston-on-Thames, England, in 1979 after a fight that
>> started when one of the men threw a french fry at another while they

>> stood waiting for a train.
>>
>> * Hitting on the novel idea that he could end his wife's incessant
>> nagging by giving her a good scare, Hungarian Jake Fen built an
>> elaborate harness to make it look as if he had hanged himself. When
>> his wife came home and saw him she fainted. Hearing a disturbance
a
>> neighbor came over and, finding what she thought were two
corpses,
>> seized the opportunity to loot the place. As she was leaving the
>> room, her arms laden, the outraged and suspended Mr. Fen kicked her

>> stoutly in the backside. This so surprised the lady that she
>> dropped dead of a heart attack. Happily, Mr. Fen was acquitted of

>> manslaughter and he and his wife were reconciled.
>>
>> * An unidentified English woman, according to the London Sunday
>> Express was climbing into the bathtub one afternoon when she
>> remembered she had left some muffins in the oven. Naked, she
dashed
>> downstairs and was removing the muffins when she heard a noise at
the
>> door. Thinking it was the baker, and knowing he would come in and
>> leave a loaf of bread on the kitchen table if she didn't answer his
>> knock, the woman darted into the broom cupboard. A few moments
later
>> she heard the back door open and, to her eternal mortification, the
>> sound of footsteps coming toward the cupboard. It was the man from

>> the gas company, come to read the meter. "Oh," stammered the
woman,
>> "I was expecting the baker." The gas man blinked, excused himself
and
>> departed.
>>
>> How Not To Die: The Dumbest Deaths in Recorded History
>>
>> Attila the Hun:
>>
>> One of the most notorious villains in history, Attila's army had
>> conquered all of Asia by 450 AD--from Mongolia to the edge of the
>> Russian Empire--by destroying villages and pillaging the
>> countryside.
>>
>> How he died: He got a nosebleed on his wedding night
>>
>> In 453 AD, Attila married a young girl named Ildico. Despite his
>> reputation for ferocity on the battlefield, he tended to eat and
>> drink lightly during large banquets. On his wedding night, however,
>> he really cut loose, gorging himself on food and drink. Sometime
>> during the night he suffered a nosebleed, but was too drunk to
>> notice. He drowned in his own blood and was found dead the next
>> morning.
>>
>>
>>
>> Tycho Brahe:
>>
>> An important Danish astronomer of the 16th century. His ground
>> breaking research allowed Sir Isaac Newton to come up with the
>> theory of gravity.
>>
>> How he died: Didn't get to the bathroom in time
>>
>> In the 16th century, it was considered an insult to leave a banquet
>> table before the meal was over. Brahe, known to drink excessively,
>> had a bladder condition -- but failed to relieve himself before the
>> banquet started. He made matters worse by drinking too much at
>> dinner, and was too polite to ask to be excused. His bladder
>> finally burst, killing him slowly and painfully over the next 11
>> days.
>>
>>
>>
>> Horace Wells:
>>
>> Pioneered the use of anesthesia in the 1840s

>>
>> How he died: Used anesthetics to commit suicide
>>
>> While experimenting with various gases during his anesthesia
>> research, Wells became addicted to chloroform. In 1848 he was
>> arrested for spraying two women with sulfuric acid. In a letter he
>> wrote from jail, he blamed chloroform for his problems, claiming
>> that he'd gotten high before the attack. Four days later he was
>> found dead in his cell. He'd anaesthetized himself with chloroform
>> and slashed open his thigh with a razor.
>>
>>
>>
>> Francis Bacon:
>>
>> One of the most influential minds of the late 16th century. A
>> statesman, a philosopher, a writer, and a scientist, he was even
>> rumored to have written some of Shakespeare's plays.
>>
>> How he died: Stuffing snow into a chicken
>>
>> One afternoon in 1625, Bacon was watching a snowstorm and was
struck
>> by the wondrous notion that maybe snow could be used to preserve
meat
>> in the same way that salt was used. Determined to find out, he
>> purchased a chicken from a nearby village, killed it, and then,
>> standing outside in the snow, attempted to stuff the chicken full of
>> snow to freeze it. The chicken never froze, but Bacon did.
>>
>>
>>
>> Jerome Irving Rodale:
>>
>> Founding father of the organic food movement, creator of "Organic
>> Farming and Gardening" magazine, and founder of Rodale Press, a
>> major publishing corporation.
>>
>> How he died: On the "Dick Cavett Show", while discussing the
>> benefits of organic foods.
>>
>> Rodale, who bragged "I'm going to live to be 100 unless I'm run down
>> by a sugar-crazed taxi driver," was only 72 when he appeared on
the
>> "Dick Cavett Show" in January 1971. Part way through the interview,
>> he dropped dead in his chair. Cause of death: heart attack. The
>> show was never aired.
>>
>>
>>
>> Aeschylus:
>>
>> A Greek playwright back in 500 BC. Many historians consider him the
>> father of Greek tragedies.
>>
>> How he died: An eagle dropped a tortoise on his head
>>
>> According to legend, eagles picked up tortoises and attempt to crack
>> them open by dropping them on rocks. An eagle mistook Aeschylus'
>> head for a rock (he was bald) and dropped it on him instead.
>>
>>
>>

>> Jim Fixx:
>>
>> Author of the best selling "Complete Book of Running," which started
>> the jogging craze of the 1970s.
>>
>> How he died: A heart attack....while jogging
>>
>> Fixx was visiting Greensboro, Vermont when he walked out of his
>> house and began jogging. He'd only gone a short distance when he
>> had a massive coronary. His autopsy revealed that one of his
>> coronary arteries was 99% clogged, another was 80% obstructed,
and a
>> third was 70% blocked....and that Fixx had had three other attacks
>> in the weeks prior to his death.
>>
>>
>>
>> And finally there's Lully, one of our favorite 16th-century
>> composers, who wrote music for the king of France.

Subject: maybe he sent it to you maybe not (fwd)
Date: Fri, 25 Apr 1997 12:14:01 -0400 (EDT)
From: Katherine Sukel <kayt@wjh.harvard.edu>
To: "Cartwright, Martina -- Martina Cartwright" <mcart@alpha2.tsulaw.edu>

Heheheh...

---------- Forwarded message ----------
****

Actual article from the LA Times.

"In retrospect, lighting the match was my big mistake. But I was only trying to retrieve the gerbil," Eric Tomaszewski told bemused doctors in the Severe Burns Unit of Salt Lake City Hospital. Tomaszewski, and his homosexual partner Andrew "Kiki" Farnum, had been admitted for emergency treatment after a felching session had gone seriously wrong. "I pushed a cardboard tube up his rectum and slipped Raggot, our gerbil, in," he explained. "As usual, Kiki shouted out "Armageddon", my cue that he'd had enough. I tried to retrieve Raggot but he wouldn't come out again, so I peered into the tube and struck a match, thinking the light might attract him." At a hushed press conference, a hospital spokesman described what happened next. "The match ignited a pocket of intestinal gas and a flame shot out the tubing, igniting Mr Tomaszewski's hair and severely burning his face. It also set fire to the gerbil's fur and whiskers which in turn ignited a larger pocket of gas further up the intestine, propelling the rodent out like a cannonball." Tomaszewski suffered second degree burns and a broken nose from the impact of the gerbil, while Farnum suffered first and second degree burns to his anus and lower intestinal tract.

TOP TEN SCAREST THINGS ABOUT THIS STORY

10) "I pushed a cardboard tube up his rectum . . ." Ouch!!!

9) "So I peered into the tube . . ." Aaaaaahhhhhhh. I'm sorry, but that's like looking through a telescope into hell.. I'd rather use binoculars to stare at the sun.

8) That poor gerbil (who obviously suffers from low self-esteem) being shot out of the guy's anus like Rocky the Flying Squirrel on Rocky & Bullwinkle.

7) Suffering a broken nose from a gerbil being launched out of someone's anus. I'm just guessing, but I seriously doubt the said gerbil was springtime fresh after his little journey into Kiki's "tunnel of love."

6) People walking around with these volcanic-like pockets of gas in their rectums.

5) People who do this kind of thing and then admit what they were doing when taken to the emergency room. Sorry, but I think I would have made up a story about a gang of roving, pyromaniac, anal sex fiends breaking into my house and sodomizing me with a charcoal lighter before I admitted the truth. Call me old fashioned, but I just can't imagine looking at a doctor and saying "Well doc, it's like this. See we have this gerbil named Raggot and we took this cardboard tube . . ."

4) "First and second degree burns to the anus". Wouldn't this make the burning itch and discomfort of hemmoroids a welcome relief? How does one ever take a healthy poop after something like this? And the smell of burning anus must be in the top five most horrible scents on the face of

God's green earth.

3) People named "Kiki" which is obviously a Polynesian word for:
"Idiotic white men who insert rodents up their butts."

2) What kind of a hospital would hold a press conference on this?

1) This happened in Salt Lake City. What kind of people are those Mormons? I'm starting to get a whole new image of the Osmond family.

Session Start: Sun May 11 17:28:52 1997
* Logging #lesbianlounge to: [#lesbianlounge.log]
<neige> pepse is not funny, it makes ya belch
<Agz> Howdee all..
<onn33> lol neige
*** sugar is on IRC
<neige> Who is Caitlin, and what kind of weapons has she?
<onn33> better go call my momma, you all have a great night
*** Auriga is now known as VeGaStR
*** onn33 (mandk@branch1-4-8.oaktree.net) has left #lesbianlounge
* Blaizee is real hungry like but she went to the cupboard and the cupboard was bare :(
<[Labryss]> you dont wonna know Neige
*** Grey^ (jobeth@1Cust26.Max9.Irving.TX.MS.UU.NET) has joined #lesbianlounge
*** AmberTX (Sexy1@adial1-48.shsu.edu) has joined #lesbianlounge
<neige> I wanna know who thay gwynne person was and what was her deal?
<AmberTX> hey everyone
* Randi- huggles Grey^ till she smiles... •1,8:)•
<Grey^> hello all
<VeGaStR> Blaize we have turnovers and pizza pread wif the homade sauce...and peanut butter and lots of kool suff...LOL
<Grey^> :) thanks Randi
*** Amanda18 (~Amanda@ppp41.wiznet.ca) has joined #lesbianlounge
<Grey^> see i smiled
<Blaizee> lol Vega...do ya gots Ho-Ho's???
* Randi- sits down next to gray
* Blaizee has peanut butter too Auri...we arent that pathetic...peanut butter and ketchup is what we got
* Grey^ grins at randi
* Rush just got a pepsi
<Rush> mmmmmmmmmmmmmmmmmmmm
*** tsugua is on IRC
Session Close: Sun May 11 17:33:03 1997

Session Start: Sun May 11 17:31:09 1997
* Logging #lesbiansex to: [#lesbiansex.log]
<Brat^> I saw that before i got booted
<xenagal> hi agz
<Agz> Howdee all..
<klafte> i dont know
<Agz> Hiya Xena
<klafte> im not an op there
<xenagal> nice to see ya gain agz
<klafte> so there is nothing i can do
<Brat^> I'know that klafte
*** Caitlin^^ sets mode: +o jenniS
<Agz> Xena: We've met before??
<xenagal> i was gwynne
*** pascali was kicked by Char^ (I can't
lie to ya, this is gonna hurt like hell•)
*** Char^ sets mode: +b *!*LESBISEXY@*.104.m
mtl.videotron.net
*** Caitlin^^ sets mode: +o Grey^
<Grey^> thanks cait :)
<Agz> Oh.. Hiya Gwynne
*** asianBABE was kicked by Char^ (I can't
lie to ya, this is gonna hurt like hell•)
*** Char^ sets mode: +b *!*VIETLESBI@*.104.m
mtl.videotron.net
*** asianBABE (~VIETLESBI@ppp127.104.mmtl.vi
deotron.net) has joined #lesbiansex
*** LesCPU sets mode: +o AwayKate
<Agz> You like different nicks, eh Gwynne..
 or Xena.. or Coldchick..
<Agz> :)
<xenagal> hehe well I usually go by jenniS
* klafte hugs Brat^ tight
<Agz> Oh..okay..
<xenagal> just had a bit of a skirmish
  today that is all
*** LesCPU sets mode: -o Grey^
*** Caitlin^^ sets mode: +o Grey^
<Grey^> guess les is still mad at me for
  being away
<Grey^> lol
<xenagal> sumone called our home a gutter
* Randi- crawls into a corner, hugs her
 knees and her teddybear
<Brat^> thanks klafte
*** Tsugua (r.jenk@nyc-ny29-03.ix.netcom.com
) has joined #lesbiansex
<Agz> Oy, Midz..
<Agz> 'sup, woman..
<Caitlin^^> Tsu!!!!!!!!!!!!
<Caitlin^^> well only they could know a
  gutter to call one
<Tsugua> Agz!!!!!
*** jj (~me@ip-22-001.phx.primenet.com) has
joined #Lesbiansex

<Tsugua> Cait!!!!!!!!!!
<Tsugua> Brat!!!!!!!!!!!
<Tsugua> Char!!!!!!!!!!!!
*** xenagal changes topic to "No men,
netsex solicitation or stuff•"
<Tsugua> heheh .. hey
<Agz> A'ight..gotta go..
<Agz> See ya'll round..
Session Close: Sun May 11 17:34:13 1997

CAN YOU FIND THE WOMAN OF YOUR DREAMS IN CYBERSPACE

What is the Internet??

While an internet is a network, the term "internet" is usually used to refer to a collection of networks interconnected with routers. The Internet (with a capital "I") is the largest internet in the world. Is a three level hierarchy composed of backbone networks, mid-level networks, and stub networks. The Internet is a multiprotocol internet.

History of the Internet

The Internet has a long history, going back to research with the ARPAnet and introduction of the first early backbone to connect the NSF sponsored supercomputer centers in the mid 1980s. The core of the national Internet we are all familiar with had its start with the awarding of a 5-year cooperative agreement in 1987 to Merit, the Michigan state networking organization, and its partners MCI and IBM. This was to provide a national backbone network service with several access points around the country. Merit provided the expertise in managing a network service, including routing, IBM provided the core backbone routing equipment and MCI facilities were used for the trunk lines.

This system was originally research and education based and mostly higher education institutions and research corporations were the users. A system of regional and state networks (like MRNet) grew up around this core and provided access to the user organizations in their areas. Most all of these regional networks were nonprofit public-service based organizations that had grown out of major research universities.

The popularity of the system grew at a steady pace, primarily with financial help from the National Science Foundation, championed by the director of the NSF Division of Network Communications and Research Infrastructure (DNCRI) Steve Wolff. DNCRI provided funding to higher education and regional networks to help with connectivity. The system evolved into an orderly structure of a high-speed backbone (the NSFNET backbone service), mid-level networks and campus and corporate networks where the end-users were attached. Routing and management was centered at Merit and policies and procedures evolved for the smooth operation and growth of the system.

As the popularity of such a system increased, some people saw it would be worthwhile to provide access to this system as a business opportunity. Entrepreneurs, with experience gained from regional network operation or similar networking services provision, established new businesses to get in on a new opportunity. The first generation of these were Performance Systems International (PSI) which was spawned out of NYSERNet in New York, and Alternet, a service of UUNet Technologies in Virginia, which had considerable experience in UUCP network services among others.

Electronic Mail (E-Mail)

Electronic mail, or e-mail, is your personal connection to the world of the Net.

All of the millions of people around the world who use the Net have their own e-mail addresses. A growing number of "gateways" tie more and more people to the Net every day. When you logged onto the host system you are now using, it automatically generated an address for you, as well.

The basic concepts behind e-mail parallel those of regular mail. You send mail to people at their particular addresses. In turn, they write to you at your e-mail address. You can subscribe to the electronic equivalent of magazines and newspapers. You might even get electronic junk mail.

E-mail has two distinct advantages over regular mail. The most obvious is speed. Instead of several days, your message can reach the other side of the world in hours, minutes or even seconds (depending on where

you drop off your mail and the state of the connections between there and your recipient). The other advantage is that once you master the basics, you'll be able to use e-mail to access databases and file libraries. You'll see how to do this later, along with learning how to transfer program and data files through e-mail.

E-mail also has advantages over the telephone. You send your message when it's convenient for you. Your recipients respond at their convenience. No more telephone tag. And while a phone call across the country or around the world can quickly result in huge phone bills, e-mail lets you exchange vast amounts of mail for only a few pennies -- even if the other person is in New Zealand.

E-mail is your connection to help -- your Net lifeline. The Net can sometimes seem a frustrating place! No matter how hard you try, no matter where you look, you just might not be able to find the answer to whatever is causing you problems. But when you know how to use e-mail, help is often just a few keystrokes away: you can ask your system administrator or a friend for help in an e-mail message.

USENET

Imagine a conversation carried out over a period of hours and days, as if people were leaving messages and responses on a bulletin board. Or imagine the electronic equivalent of a radio talk show where everybody can put their two cents in and no one is ever on hold.

Unlike e-mail, which is usually "one-to-one," Usenet is "many-to-many." Usenet is the international meeting place, where people gather to meet their friends, discuss the day's events, keep up with computer trends or talk about whatever's on their mind. Jumping into a Usenet discussion can be a liberating experience. Nobody knows what you look or sound like, how old you are, what your background is. You're judged solely on your words, your ability to make a point.

To many people, Usenet IS the Net. In fact, it is often confused with Internet. But it is a totally separate system. All Internet sites CAN carry Usenet, but so do many non-Internet sites, from sophisticated UNIX machines to old XT clones and Apple IIs.

Technically, Usenet messages are shipped around the world, from host system to host system, using one of several specific Net protocols. Your host system stores all of its Usenet messages in one place, which everybody with an account on the system can access. That way, no matter how many people actually read a given message, each host system has to store only one copy of it. Many host systems "talk" with several others regularly in case one or another of their links goes down for some reason. When two host systems connect, they basically compare notes on which Usenet messages they already have. Any that one is missing the other then transmits, and vice-versa. Because they are computers, they don't mind running through thousands, even millions, of these comparisons every day.

Yes, millions. For Usenet is huge. Every day, Usenet users pump upwards of 40 million characters a day into the system -- roughly the equivalent of volumes A-G of the Encyclopedia Britannica. Obviously, nobody could possibly keep up with this immense flow of messages. Let's look at how to find conferences and discussions of interest to you.

The basic building block of Usenet is the newsgroup, which is a collection of messages with a related theme (on other networks, these would be called conferences, forums, boards or special-interest groups). There are now more than 5,000 of these newsgroups, in several different languages, covering everything from art to zoology, from science fiction to South Africa.

Some public-access systems, typically the ones that work through menus, try to make it easier by dividing Usenet into several broad categories. Choose one of those and you're given a list of newsgroups in that category. Then select the newsgroup you're interested in and start reading.

Other systems let you compile your own "reading list" so that you only see messages in conferences you want. In both cases, conferences are arranged in a particular hierarchy devised in the early 1980s. Newsgroup names start with one of a series of broad topic names. For example, newsgroups beginning with "comp." are about particular computer-related topics. These broad topics are followed by a series of more focused topics (so that comp.unix groups are limited to discussion about UNIX).

MAILING LISTS

Usenet is not the only forum on the Net. Scores of "mailing lists" represent another way to interact with other Net users. Unlike Usenet messages, which are stored in one central location on your host system's computer, mailing-list messages are delivered right to your e-mail box, unlike Usenet messages.

You have to ask for permission to join a mailing list. Unlike Usenet, where your message is distributed to the world, on a mailing list, you send your messages to a central moderator, who either re-mails it to the other people on the list or uses it to compile a periodic "digest" mailed to subscribers.

IRC

IRC is a program that lets you hold live keyboard conversations with people around the world. It's a lot like an international CB radio - it even uses "channels." Type something on your computer and it's instantly echoed around the world to whoever happens to be on the same channel with you. You can join in existing public group chats or set up your own. You can even create a private channel for yourself and as few as one or two other people. And just like on a CB radio, you can give yourself a unique "handle" or nickname.

IRC currently links host systems in 20 different countries, from Australia to Hong Kong to Israel.

World Wide Web

Developed by researchers at CERN, the European Particle Physics Laboratory in Geneva, the World-Wide Web is somewhat similar to a WAIS. But it's designed on a system known as hypertext. Words in one document are "linked" to other documents. It's sort of like sitting with an encyclopedia -- you're reading an article, see a reference that intrigues you and so flip the pages to look up that reference.

FACIAL EXPRESSIONS (The Role of the "Smiley)

As most communication on the Internet takes place via computers, certain expressions/terms can be misconstrued. Therefore, a system of computer (character) expressions where developed to help facilitate better discussions with less misunderstanding. Below, are a few of these characters.

:-) Your basic smiley. This smiley is used to inflect a sarcastic or joking statement since we can't hear voice inflection over e-mail.

;-) Winky smiley. User just made a flirtatious and/or sarcastic remark. More of a "don't hit me for what I just said" smiley.

:-(Frowning smiley. User did not like that last statement or is upset or depressed about something.

:-I Indifferent smiley. Better than a :-(but not quite as good as a :-).

:-> User just made a really biting sarcastic remark. Worse than a ;-).

>:-> User just made a really devilish remark.

>;-> Winky and devil combined. A very lewd remark was just made.

Subject: FW: And you think you've got it bad...
Date: Fri, 9 May 1997 13:48:39 -0500
From: valerie baston <law005@alpha2.tsulaw.edu>
To: "'amaechi'" <amaech10@wharton.upenn.edu>, "'tina'" <mcart@alpha2.tsulaw.edu>, "'angela'" <watsona@somvax.wvnet.edu>, "'eric'" <Eric.Solomon@mailgate.eiw38.af.mil>, "'greg'" <auzenne@uthscsa.edu>

From: Josetta Jones[SMTP:law098@alpha2.tsulaw.edu]
Sent: Friday, May 09, 1997 11:19 AM
To: 'Brent Hawkins'; 'Charlotte Dimery'; 'Dr. Josette Parker'; 'Kristi Jett'; 'Lisa M
Subject: FW: And you think you've got it bad...

From: Nichole A. Robinson[SMTP:nrobinson@bsmwl.com]
Sent: Friday, May 09, 1997 8:03 AM
To: ramona.vaughn@alliedsignal.com; ctmista@aol.com; llwory847@aol.com; colemanc@bull
Subject: And you think you've got it bad...

* A fierce gust of wind blew 45-year-old Vittorio Luise's car into a
>> *river near Naples, Italy, in 1983. He managed to break a window,*
>> *climb out and swim to shore -- where a tree blew over and killed him.*
>>
>> ** Mike Stewart, 31, of Dallas was filming a movie in 1983 on the*
>> *dangers of low-level bridges when the truck he was standing on*
>> *passed under a low-level bridge -- killing him.*
>>
>> ** Walter Hallas, a 26-year-old store clerk in Leeds, England, was so*
>> *afraid of dentists that in 1979 he asked a fellow worker to try to*
>> *cure his toothache by punching him in the jaw. The punch caused*
>> *Hallas to fall down, hitting his head, and he died of a fractured*
>> *skull.*
>>
>> ** George Schwartz, owner of a factory in Providence, R.I., narrowly*
>> *escaped death when a 1983 blast flattened his factory except for*
one
>> *wall. After treatment for minor injuries, he returned to the scene*
>> *to search for files. The remaining wall then collapsed on him,*
>> *killing him.*
>>
>> ** Depressed since he could not find a job, 42-year-old Romolo*
>> *Ribolla sat in his kitchen near Pisa, Italy, with a gun in his hand*
>> *threatening to kill himself in 1981. His wife pleaded for him not*
>> *to do it, and after about an hour he burst into tears and threw the*
>> *gun to the floor. It went off and killed his wife.*
>>
>> ** In 1983, a Mrs. Carson of Lake Kushaqua, N.Y., was laid out in*
>> *her coffin, presumed dead of heart disease. As mourners watched,*
>> *she suddenly sat up. Her daughter dropped dead of fright.*
>>
>> ** A man hit by a car in New York in 1977 got up uninjured, but lay*
>> *back down in front of the car when a bystander told him to pretend*
>> *he was hurt so he could collect insurance money. The car rolled*
>> *forward and crushed him to death.*
>>
>>
>> *Bad day, no death*
>>
>> ** Surprised while burgling a house in Antwerp, Belgium, a thief fled*

>> out the back door, clambered over a nine-foot wall, dropped down
and
>> found himself in the city prison.
>>
>> * In 1976 a twenty-two-year-old Irishman, Bob Finnegan, was
crossing
>> the busy Falls Road in Belfast, when he was struck by a taxi and
>> flung over its roof. The taxi drove away and, as Finnegan lay
>> stunned in the road, another car ran into him, rolling him into the
>> gutter. It too drove on. As a knot of gawkers gathered to examine
>> the magnetic Irishman, a delivery van plowed through the crowd,
>> leaving in its wake three injured bystanders and an even more
>> battered Bob Finnegan. When a fourth vehicle came along, the crowd
>> wisely scattered and only one person was hit-Bob Finnegan. In the
>> space of two minutes Finnegan suffered a fractured skull, broken
>> pelvis, broken leg, and other assorted injuries. Hospital officials
>> said he would recover.
>>
>> * While motorcycling through the Hungarian countryside, Cristo Falatti
>> came up to a railway line just as the crossing gates were coming
>> down. While he sat idling, he was joined by a farmer with a goat,
>> which the farmer tethered to the crossing gate. A few moments later
>> a horse and cart drew up behind Falatti, followed in short order by
>> a man in a sports car. When the train roared through the crossing,
>> the horse startled and bit Falatti on the arm. Not a man to be
>> trifled with, Falatti responded by punching the horse in the head.
>> In consequence the horse's owner jumped down from his cart and
began
>> scuffling with the motorcyclist. The horse, which was not up to
>> this sort of excitement, backed away briskly, smashing the cart into
>> the sports- car. At this, the sports-car driver leaped out of his
>> car and joined the fray. The farmer came forward to try to pacify
>> the three flailing men. As he did so, the crossing gates rose and
>> his goat was strangled. At last report, the insurance companies
>> were still trying to sort out the claims.
>>
>> * Two West German motorists had an all-too-literal head-on collision
>> in heavy fog near the small town of Guetersloh. Each was guiding
>> his car at a snail's pace near the center of the road. At the
>> moment of impact their heads were both out of the windows when
they
>> smacked together. Both men were hospitalized with severe head
>> injuries. Their cars weren't scratched.
>>
>> * In a classic case of one thing leading to another, seven men aged
>> eighteen to twenty-nine received jail sentences of three to four
>> years in Kingston-on-Thames, England, in 1979 after a fight that
>> started when one of the men threw a french fry at another while they

>> stood waiting for a train.
>>
>> * Hitting on the novel idea that he could end his wife's incessant
>> nagging by giving her a good scare, Hungarian Jake Fen built an
>> elaborate harness to make it look as if he had hanged himself. When
>> his wife came home and saw him she fainted. Hearing a disturbance
a
>> neighbor came over and, finding what she thought were two
corpses,
>> seized the opportunity to loot the place. As she was leaving the
>> room, her arms laden, the outraged and suspended Mr. Fen kicked her

>> stoutly in the backside. This so surprised the lady that she
>> dropped dead of a heart attack. Happily, Mr. Fen was acquitted of

>> manslaughter and he and his wife were reconciled.
>>
>> * An unidentified English woman, according to the London Sunday
>> Express was climbing into the bathtub one afternoon when she
>> remembered she had left some muffins in the oven. Naked, she
dashed
>> downstairs and was removing the muffins when she heard a noise at
the
>> door. Thinking it was the baker, and knowing he would come in and
>> leave a loaf of bread on the kitchen table if she didn't answer his
>> knock, the woman darted into the broom cupboard. A few moments
later
>> she heard the back door open and, to her eternal mortification, the
>> sound of footsteps coming toward the cupboard. It was the man from

>> the gas company, come to read the meter. "Oh," stammered the
woman,
>> "I was expecting the baker." The gas man blinked, excused himself
and
>> departed.
>>
>> How Not To Die: The Dumbest Deaths in Recorded History
>>
>> Attila the Hun:
>>
>> One of the most notorious villains in history, Attila's army had
>> conquered all of Asia by 450 AD--from Mongolia to the edge of the
>> Russian Empire--by destroying villages and pillaging the
>> countryside.
>>
>> How he died: He got a nosebleed on his wedding night
>>
>> In 453 AD, Attila married a young girl named Ildico. Despite his
>> reputation for ferocity on the battlefield, he tended to eat and
>> drink lightly during large banquets. On his wedding night, however,
>> he really cut loose, gorging himself on food and drink. Sometime
>> during the night he suffered a nosebleed, but was too drunk to
>> notice. He drowned in his own blood and was found dead the next
>> morning.
>>
>>
>>
>> Tycho Brahe:
>>
>> An important Danish astronomer of the 16th century. His ground
>> breaking research allowed Sir Isaac Newton to come up with the
>> theory of gravity.
>>
>> How he died: Didn't get to the bathroom in time
>>
>> In the 16th century, it was considered an insult to leave a banquet
>> table before the meal was over. Brahe, known to drink excessively,
>> had a bladder condition -- but failed to relieve himself before the
>> banquet started. He made matters worse by drinking too much at
>> dinner, and was too polite to ask to be excused. His bladder
>> finally burst, killing him slowly and painfully over the next 11
>> days.
>>
>>
>>
>> Horace Wells:
>>
>> Pioneered the use of anesthesia in the 1840s

>>
>> How he died: Used anesthetics to commit suicide
>>
>> While experimenting with various gases during his anesthesia
>> research, Wells became addicted to chloroform. In 1848 he was
>> arrested for spraying two women with sulfuric acid. In a letter he
>> wrote from jail, he blamed chloroform for his problems, claiming
>> that he'd gotten high before the attack. Four days later he was
>> found dead in his cell. He'd anaesthetized himself with chloroform
>> and slashed open his thigh with a razor.
>>
>>
>>
>> Francis Bacon:
>>
>> One of the most influential minds of the late 16th century. A
>> statesman, a philosopher, a writer, and a scientist, he was even
>> rumored to have written some of Shakespeare's plays.
>>
>> How he died: Stuffing snow into a chicken
>>
>> One afternoon in 1625, Bacon was watching a snowstorm and was
struck
>> by the wondrous notion that maybe snow could be used to preserve
meat
>> in the same way that salt was used. Determined to find out, he
>> purchased a chicken from a nearby village, killed it, and then,
>> standing outside in the snow, attempted to stuff the chicken full of
>> snow to freeze it. The chicken never froze, but Bacon did.
>>
>>
>>
>> Jerome Irving Rodale:
>>
>> Founding father of the organic food movement, creator of "Organic
>> Farming and Gardening" magazine, and founder of Rodale Press, a
>> major publishing corporation.
>>
>> How he died: On the "Dick Cavett Show", while discussing the
>> benefits of organic foods.
>>
>> Rodale, who bragged "I'm going to live to be 100 unless I'm run down
>> by a sugar-crazed taxi driver," was only 72 when he appeared on
the
>> "Dick Cavett Show" in January 1971. Part way through the interview,
>> he dropped dead in his chair. Cause of death: heart attack. The
>> show was never aired.
>>
>>
>>
>> Aeschylus:
>>
>> A Greek playwright back in 500 BC. Many historians consider him the
>> father of Greek tragedies.
>>
>> How he died: An eagle dropped a tortoise on his head
>>
>> According to legend, eagles picked up tortoises and attempt to crack
>> them open by dropping them on rocks. An eagle mistook Aeschylus'
>> head for a rock (he was bald) and dropped it on him instead.
>>
>>
>>

>> Jim Fixx:
>>
>> Author of the best selling "Complete Book of Running," which started
>> the jogging craze of the 1970s.
>>
>> How he died: A heart attack....while jogging
>>
>> Fixx was visiting Greensboro, Vermont when he walked out of his
>> house and began jogging. He'd only gone a short distance when he
>> had a massive coronary. His autopsy revealed that one of his
>> coronary arteries was 99% clogged, another was 80% obstructed,
and a
>> third was 70% blocked....and that Fixx had had three other attacks
>> in the weeks prior to his death.
>>
>>
>>
>> And finally there's Lully, one of our favorite 16th-century
>> composers, who wrote music for the king of France.

Subject: maybe he sent it to you maybe not (fwd)
Date: Fri, 25 Apr 1997 12:14:01 -0400 (EDT)
From: Katherine Sukel <kayt@wjh.harvard.edu>
To: "Cartwright, Martina -- Martina Cartwright" <mcart@alpha2.tsulaw.edu>

Heheheh...

---------- Forwarded message ----------
****

Actual article from the LA Times.

"In retrospect, lighting the match was my big mistake. But I was only trying to retrieve the gerbil," Eric Tomaszewski told bemused doctors in the Severe Burns Unit of Salt Lake City Hospital. Tomaszewski, and his homosexual partner Andrew "Kiki" Farnum, had been admitted for emergency treatment after a felching session had gone seriously wrong. "I pushed a cardboard tube up his rectum and slipped Raggot, our gerbil, in," he explained. "As usual, Kiki shouted out "Armageddon", my cue that he'd had enough. I tried to retrieve Raggot but he wouldn't come out again, so I peered into the tube and struck a match, thinking the light might attract him." At a hushed press conference, a hospital spokesman described what happened next. "The match ignited a pocket of intestinal gas and a flame shot out the tubing, igniting Mr Tomaszewski's hair and severely burning his face. It also set fire to the gerbil's fur and whiskers which in turn ignited a larger pocket of gas further up the intestine, propelling the rodent out like a cannonball." Tomaszewski suffered second degree burns and a broken nose from the impact of the gerbil, while Farnum suffered first and second degree burns to his anus and lower intestinal tract.

TOP TEN SCAREST THINGS ABOUT THIS STORY

10) "I pushed a cardboard tube up his rectum . . ." Ouch!!!

9) "So I peered into the tube . . ." Aaaaaahhhhhhh. I'm sorry, but that's like looking through a telescope into hell.. I'd rather use binoculars to stare at the sun.

8) That poor gerbil (who obviously suffers from low self-esteem) being shot out of the guy's anus like Rocky the Flying Squirrel on Rocky & Bullwinkle.

7) Suffering a broken nose from a gerbil being launched out of someone's anus. I'm just guessing, but I seriously doubt the said gerbil was springtime fresh after his little journey into Kiki's "tunnel of love."

6) People walking around with these volcanic-like pockets of gas in their rectums.

5) People who do this kind of thing and then admit what they were doing when taken to the emergency room. Sorry, but I think I would have made up a story about a gang of roving, pyromaniac, anal sex fiends breaking into my house and sodomizing me with a charcoal lighter before I admitted the truth. Call me old fashioned, but I just can't imagine looking at a doctor and saying "Well doc, it's like this. See we have this gerbil named Raggot and we took this cardboard tube . . ."

4) "First and second degree burns to the anus". Wouldn't this make the burning itch and discomfort of hemmoroids a welcome relief? How does one ever take a healthy poop after something like this? And the smell of burning anus must be in the top five most horrible scents on the face of

God's green earth.

3) People named "Kiki" which is obviously a Polynesian word for:
"Idiotic white men who insert rodents up their butts."

2) What kind of a hospital would hold a press conference on this?

1) This happened in Salt Lake City. What kind of people are those Mormons? I'm starting to get a whole new image of the Osmond family.

Session Start: Sun May 11 17:28:52 1997
* Logging #lesbianlounge to: [#lesbianlounge.log]
<neige> pepse is not funny, it makes ya
belch
<Agz> Howdee all..
<onn33> lol neige
*** sugar is on IRC
<neige> Who is Caitlin, and what kind of
weapons has she?
<onn33> better go call my momma, you all
have a great night
*** Auriga is now known as VeGaStR
*** onn33 (mandk@branch1-4-8.oaktree.net)
has left #lesbianlounge
* Blaizee is real hungry like but she went
to the cupboard and the cupboard was bare
:(
<[Labryss]> you dont wonna know Neige
*** Grey^ (jobeth@1Cust26.Max9.Irving.TX.MS.
UU.NET) has joined #lesbianlounge
*** AmberTX (Sexy1@adial1-48.shsu.edu) has
joined #lesbianlounge
<neige> I wanna know who thay gwynne person
was and what was her deal?
<AmberTX> hey everyone
* Randi- huggles Grey^ till she smiles... •1,8:)•
<Grey^> hello all
<VeGaStR> Blaize we have turnovers and
pizza pread wif the homade sauce...and
peanut butter and lots of kool suff...LOL
<Grey^> :) thanks Randi
*** Amanda18 (~Amanda@ppp41.wiznet.ca) has
joined #lesbianlounge
<Grey^> see i smiled
<Blaizee> lol Vega...do ya gots Ho-Ho's???
* Randi- sits down next to gray
* Blaizee has peanut butter too Auri...we
arent that pathetic...peanut butter and
ketchup is what we got
* Grey^ grins at randi
* Rush just got a pepsi
<Rush> mmmmmmmmmmmmmmmmmmmm
*** tsugua is on IRC
Session Close: Sun May 11 17:33:03 1997

Session Start: Sun May 11 17:31:09 1997
* Logging #lesbiansex to: [#lesbiansex.log]
<Brat^> I saw that before i got booted
<xenagal> hi agz
<Agz> Howdee all..
<klafte> i dont know
<Agz> Hiya Xena
<klafte> im not an op there
<xenagal> nice to see ya gain agz
<klafte> so there is nothing i can do
<Brat^> I know that klafte
*** Caitlin^^ sets mode: +o jenniS
<Agz> Xena: We've met before??
<xenagal> i was gwynne
*** pascali was kicked by Char^ (I can't
lie to ya, this is gonna hurt like hell•)
*** Char^ sets mode: +b *!*LESBISEXY@*.104.m
mtl.videotron.net
*** Caitlin^^ sets mode: +o Grey^
<Grey^> thanks cait :)
<Agz> Oh.. Hiya Gwynne
*** asianBABE was kicked by Char^ (I can't
lie to ya, this is gonna hurt like hell•)
*** Char^ sets mode: +b *!*VIETLESBI@*.104.m
mtl.videotron.net
*** asianBABE (~VIETLESBI@ppp127.104.mmtl.vi
deotron.net) has joined #lesbiansex
*** LesCPU sets mode: +o AwayKate
<Agz> You like different nicks, eh Gwynne..
 or Xena.. or Coldchick..
<Agz> :)
<xenagal> hehe well I usually go by jenniS
* klafte hugs Brat^ tight
<Agz> Oh..okay..
<xenagal> just had a bit of a skirmish
  today that is all
*** LesCPU sets mode: -o Grey^
*** Caitlin^^ sets mode: +o Grey^
<Grey^> guess les is still mad at me for
  being away
<Grey^> lol
<xenagal> sumone called our home a gutter
* Randi- crawls into a corner, hugs her
 knees and her teddybear
<Brat^> thanks klafte
*** Tsugua (r.jenk@nyc-ny29-03.ix.netcom.com
) has joined #lesbiansex
<Agz> Oy, Midz..
<Agz> 'sup, woman..
<Caitlin^^> Tsu!!!!!!!!!!!!
<Caitlin^^> well only they could know a
  gutter to call one
<Tsugua> Agz!!!!!
*** jj (~me@ip-22-001.phx.primenet.com) has
joined #Lesbiansex

<Tsugua> Cait!!!!!!!!!!
<Tsugua> Brat!!!!!!!!!!!
<Tsugua> Char!!!!!!!!!!!!
*** xenagal changes topic to "No men, netsex solicitation or stuff•"
<Tsugua> heheh .. hey
<Agz> A'ight..gotta go..
<Agz> See ya'll round..
Session Close: Sun May 11 17:34:13 1997